

Linda Clair
Seven-day Meditation Retreat
Kallara Conference Centre, Australia – March 2019
Transcription from Audio Recordings

File 5a – Wednesday morning guided meditation

Linda: So take a few deep breaths into the belly, and soften into your body. It's a bit different to relaxing into your body because you need to stay alert. But this is all about going deeply, deeply into your body. And I'll just keep saying this again and again and again. And hopefully it's your body that is hearing these words not your mind. Your mind will react to this, going, "Not again; I don't want to hear this." So as much as possible listen – whatever you are doing – with your body, with your pure senses.

So take your attention to the top of your head and feel the sensation on the top of your head. And this is the first time you've ever felt it in this way. It might be similar to other times but it's never exactly the same. Feel the sensation of your eyelids on your eyes, feel the sensation of your breath going through your nostrils, feel your lips, your tongue, your chin. And keep breathing deeply into the belly. Your body is your anchor. And you need this anchor because there'll be many changes, and the changes will become faster and faster and faster.

Feel your shoulders, feel your left arm, your left hand, your fingers. Feel your right arm, your right hand. Take your attention to your chest. Feel your chest rising and falling as your body breathes, and you don't need to think to breathe. Go to your abdomen – and this is the place in the body where you can really feel your breath, it becomes even more tangible – you can feel it rising and falling with the breath. So even if it feels uncomfortable keep coming down here, keep putting your main attention on the breath in the abdomen – the movement of the abdomen with the breath. Use that as your anchor, your home base.

Feel your thighs, your knees, your feet. Feel your spine from the top of the spine down your back to the bottom of the spine. So every now and again you might need to gently straighten your spine. Then again feel your whole body sitting here now in this room. So you're nowhere else, that's obvious. And what's the point of pretending to be somewhere else? It's only a way of avoiding being here. So each time you realise you haven't been here come back to your body, come back to your home base. Keep it simple. There's nothing that needs to be analysed, understood, and you can only realise something in your body. Everything you want, everything you've always wanted and desired, is in your body.

So sit and watch. And keep your body as still as possible. Be very aware of every movement, every tiny movement, in your body.